



Sirloin with Chipotle-Tomato Sauce

 Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with green peppers and onions, undrained canned
- ☐ 1 tablespoon chili powder
- ☐ 1 chipotle chile in adobo sauce canned drained finely chopped
- ☐ 4 8-inch warm flour tortillas ()
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 cups onion thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 pound rump steak boneless trimmed (1/)

☐ 1 teaspoon sugar

Equipment

☐ frying pan

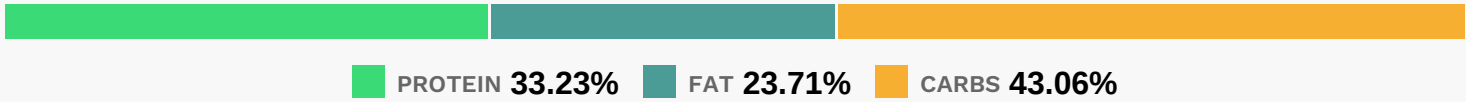
☐ broiler

☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 3 ingredients.
- ☐ Sprinkle steak with chili powder mixture.
- ☐ Place on a broiler pan coated with cooking spray. Broil 4 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes before slicing.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion; saut 4 minutes.
- ☐ Add tomatoes, chile, and sugar; bring to a boil. Reduce heat, and simmer, uncovered, 4 minutes. Thinly slice steak across grain.
- ☐ Serve steak with tomato mixture and warm tortillas.
- ☐ Note: Use your remaining chipotle chiles in adobo sauce in Chipotle Mashed Potatoes or Chipotle Black Bean Chili.

Nutrition Facts



Properties

Glycemic Index:43.52, Glycemic Load:12.01, Inflammation Score:-8, Nutrition Score:25.161739214607%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg,

Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin:
12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 379.9kcal (18.99%), Fat: 10.06g (15.48%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 41.13g (13.71%),
Net Carbohydrates: 35.24g (12.82%), Sugar: 10.36g (11.51%), Cholesterol: 69.17mg (23.06%), Sodium: 757.08mg
(32.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.73g (63.46%), Vitamin B3: 12.25mg (61.24%),
Selenium: 41.65µg (59.49%), Vitamin B6: 0.98mg (49.09%), Phosphorus: 396.31mg (39.63%), Zinc: 5.45mg
(36.37%), Iron: 5.93mg (32.95%), Vitamin B1: 0.44mg (29.23%), Manganese: 0.58mg (29.22%), Potassium:
888.27mg (25.38%), Fiber: 5.88g (23.52%), Vitamin B12: 1.35µg (22.49%), Folate: 88.05µg (22.01%), Vitamin B2:
0.36mg (20.91%), Copper: 0.37mg (18.59%), Magnesium: 68.67mg (17.17%), Vitamin C: 13.95mg (16.91%), Calcium:
166.31mg (16.63%), Vitamin A: 821.69IU (16.43%), Vitamin E: 2.45mg (16.34%), Vitamin K: 12.97µg (12.36%), Vitamin
B5: 1.2mg (12%)